









# Perspective

Resources Available for Graduates

C-13

## Placement office provides valuable job information

By Lynn Kelly

Although their office space may be small, Mary Wagle and the rest of the placement office staff at Conestoga College

played a role in the efforts of Conestogians whose jobs in many industries at Conestoga College. Located inside Room 114 in room 2B15, the two-person placement office is what Wagle refers to as "a hub of employment information" for all of students, both within Conestoga and outside.

The placement office staff has been in place since 1985 and has

been successful in helping students find employment in a wide variety of fields, from business to health care.

However, one of the problems the office has faced was finding a place to set up the office, as the space is often small and the placement office is often crowded.

"We're working with the Conestoga Association to provide the department and have students that have not been able to find a place to set up the office and we are in a good spot," said Wagle.

She indicated that the

department would create another position for the office, as well as other positions in the area.

"We're looking for a place to set up the office and we are in a good spot," said Wagle.

She said that many people do not know what the placement office is and what it can do for them.

The department is trying to get more information out to the students and to the placement office.

"As far as trends go, we've noticed that the number of job postings is up and we're sending out a lot more resumes," said Wagle.

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## Alumni stay part of college for life

By Sean McKinn

Once a student graduates from Conestoga College, they are not a part of the college anymore. However, a group known as the Alumni Association is still a part of the college.

Through the association, graduates can stay a part of the college and the association is still a part of the college.

"The Alumni Association is a group of graduates who stay a part of the college and the association is still a part of the college," said Wagle.

The association was established in the year of 1985, and it is a group of graduates who stay a part of the college and the association is still a part of the college.

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Mary Wagle, manager of student affairs

Photo by Sean McKinn

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## Conestoga College 1993 placement report

See: Test/collage

Applied Arts: Graduates — 258; Available for work — 247; Employment — (percent) 100; (details) 10; Total — 104; Seeking employment — 54

Business Graduates — 400; Available for work — 335; Employment — (percent) 100; (details) 10; Total — 273; Seeking employment — 54

Engineering/Technology Graduates — 113; Available for work — 104; Employment — (percent) 100; (details) 10; Total — 104; Seeking employment — 54

Health Sciences Graduates — 102; Available for work — 93; Employment — (percent) 100; (details) 10; Total — 102; Seeking employment — 54

Other Graduates — 176; Available for work — 113; Employment — (percent) 100; (details) 10; Total — 104; Seeking employment — 54

Total % employed: 100.0 %; Retired: 0.0 %; Unemployed: 0.0 %; Still seeking: 0.0 %



# Summer camps at Conestoga stress importance of fitness

By Martin Gossens

Working out and getting fit are not just for adults anymore. It's almost hard to dig down in the Conestoga recreation centre to any children.

Almost 40 young kids, split into 14 or so mixed fitness classes, are being taught some of the basic fitness concepts today.

"It's important for kids to be active," said fitness instructor Allison Hunter.

"They tend to spend a lot of time in front of the TV and more time actually playing sports."

Hunter, a past two-time winner at the City of London's annual "Fit for Life" contest, is at the Conestoga where she runs up to 10 fitness classes a week for kids and is a confident fitness instructor. Hunter works mostly with adults and said she likes to encourage children to be active.

"Being kids definitely should not let us carry weight," she said. "Really they should let our weights do all the work for them and grow."

But she added, it's harder for the age of 14 and young to not weight, they should use the equipment and be really kids. Hunter said she likes to use the basic fitness concepts and she says that the kids who will stay up their fitness can help children support their muscles and the skills they need to also learn the way.

"It's most important for kids to build up endurance and strength, not power."

Hunter will be working with several of the day camps that run during the summer at Conestoga, including the fitness, aerobics, and weight training and soccer camp.

"This is the first year that we've had a lot of kids in fitness classes," said Bob McCusker, supervisor of Conestoga pro-

grams. "We want to attract attention to the kids. We have all that equipment and the kids love to go outside every day. They're not just sitting. They want to learn about this."

Hunter said children who go outside about daily exercise and strength training, they want to be active and they want to be active. She said that the kids who go outside about daily exercise and strength training, they want to be active and they want to be active. She said that the kids who go outside about daily exercise and strength training, they want to be active and they want to be active.

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## Summer camp sports

Left: Stephen Goff returns a shot with his eyes closed at a tennis training camp. (Photo by John McCusker)

Above: Ben Lynch hits the backhand shot as fellow sports camp counsellors look on. (Photo by John McCusker)

Top right: John McCusker (L) and Steve Vance practice soft-ball hitting. (Photo by Martin Gossens)

Bottom right: Fitness instructor Allison Hunter teaches Martin Gossens how to do the bench press. (Photo by Martin Gossens)



**Wanted**

**Fitness Instructors**

We are currently accepting applications for instructors for our fall fitness classes.

**Morning classes: 7:15 - 8:55 a.m. Mondays, Wednesdays & Fridays**

**Evening classes: 12:35 - 1:15 p.m. Mondays, Wednesdays & Fridays**

**Fitness: 4:40 - 6:25 p.m. Tuesdays & Thursdays**

Applications should be accompanied by resume. For more information please contact Duane Shadd at the Recreation Centre, 748-3812, Ext. 385

Just swimming around...



**GET FIT!**



Just playing basketball...



Just playing ball...





